

AMENDMENTS TO THE SPECIFICATION:

Please amend the specification as follows:

Page 10: lines 18 through 21 should now read as follows:

The Twist Up adjustment groove **6** holds the Twist Up adjustment pin **4**, and by regulating the motion of the Twist Up adjustment pin **4** when the Twist Up device is operated, the groove **4** **6** has a function to determine the motion of the Twist Up ring **2** toward the support ring **3**.

Page 14: lines 14 through 21 should now read as follows:

The support ring **3** has three pin insert grooves **11** and three holes covered with resistance material **12**. The pin insert grooves **11** fix the Twist Up adjustment pins **4** **4** inside by mating with the Twist Up adjustment pins **4**. The three pin insertion grooves **11** are positioned so that the Twist Up adjustment pins **4**, which are inserted into the pin insertion grooves **11**, can be inserted into the different Twist Up adjustment grooves **6** respectively. The holes covered with resistance material **12** fix the resistance material **5** by mating with it. The holes covered with resistance material **12** are positioned so that, when the Twist Up adjustment pins **4** fixed in the pin insertion grooves **11** are inserted

Page 15: lines 13 through 17 should read as follows:

In the preferred embodiment the adjustment pins **4** are shown as screws inserted into the pin insertion grooves **11** of the support ring **3**. Those skilled in the art will appreciate that present invention may also be practiced with adjustment pins **4** which are pegs which insert into grooves **11**, phalanges which are adhered to the support ring **3**, or phalanges or denticles which are formed as part of the support ring **3**.

Page 17: lines 16 through 20 should read as follows:

As for the material of the resistance material **5**, there is no special restriction as long as it can perform the above functions. Any type of flexible material can be suitably used. For example, some metals and many kinds of plastics are ~~be~~ recommended. Materials may be selected which demonstrate characteristics for strength and low wear with repeated use.